



## **Vegetarian Dhansak Curry**

*Serving: Serves four to six*

Spice up your life – or at least your dinner – with this one-dish vegetarian wonder. A mild curry that's made with a healthful medley of vegetables and protein-rich lentils, just serve with warm chapati for the perfect Meatless Monday meal.

### **Ingredients**

- 1 packet of Bit Spicy Dhansak Curry Spice Blend
- 120g (raw weight) of red lentils, cooked
- 1 head of cauliflower, cut into florets
- 1 large potato, peeled, cut into 2cm cubes and cooked
- 2 big double handfuls fresh spinach, roughly chopped
- 1 to 2 fresh tomatoes
- 1 can of chopped tomatoes and half a can of water
- 300ml of pre-made Secret Sauce
- 2 tablespoons of vegetable oil
- Juice of 1 lemon
- 4 to 5 fresh green chillies (optional)

### **Method**

1. Heat the oil in a large pan. Add the spice blend and fry till fragrant.
2. Add the Secret Sauce, canned tomatoes, water, lemon juice and chillies, and bring to a boil.
3. Add the lentils and fresh tomatoes, and simmer for an hour. If the mixture is too thick, add a little more water.
4. Just before serving, add the potato, cauliflower and spinach, and simmer for about 10 minutes. Check that the vegetables are tender but not too soft.